



○ QUARTER 1

○ 2013

**Mission:** To promote, protect and improve the health and prosperity of people in Tennessee.

## Division of Family Health and Wellness Newsletter

The Division of Family Health and Wellness is comprised of Maternal and Child Health, Special Supplemental Nutrition and Chronic Disease and Health Promotion programs. The purpose of this newsletter is to feature various programs that exist within the division and some of the services they provide for the public.

### SAFE SLEEP CAMPAIGN

The Tennessee Department of Health launches a campaign to prevent infant deaths.



**Remember the ABC's of Safe Sleep:**

**Babies should sleep Alone,  
on their Back, and in a Crib**

[safesleep.tn.gov](http://safesleep.tn.gov)

**Safe Sleep  
For Your Baby**

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Even though the overall infant mortality rate and number of infant deaths has been declining over the past few years, there has been an increase in the number of sleep-related deaths. In 2010, out of 626 infant deaths, 131 were due to sleep-related causes. *That means 21percent of all infant deaths were due to sleep-related causes!* The department has launched a Safe Sleep campaign to prevent these deaths.

### TOBACCO CESSATION

The Tennessee Department of Health promotes tobacco cessation through the Tennessee Tobacco QuitLine.



**iCanQuit**



#### What is the QuitLine?

The Tennessee Tobacco QuitLine is a toll-free telephone service that provides personalized support for Tennesseans who want to quit smoking or chewing tobacco.

#### How will the QuitLine help?

When you call the QuitLine you will be assigned your own quit coach. Your quit coach will help you understand how to quit tobacco and help you develop a plan that works for you. The plan will fit YOUR needs and you have the same quit coach for a whole year.

#### How Does Telephone Coaching Work?

The quit coaches help you figure out what works best for you. A quit coach doesn't tell you what to do. You work with a quit coach to make changes that fit your life.

#### Do I have to pay anything for the services?

No. Services provided through the QuitLine are free of charge to all residents of Tennessee.

#### When is the QuitLine available?

Eastern Time:  
Mon. – Fri. 8:00 a.m. – 11:00 p.m.  
Sat. 9:00 a.m. – 6:00 p.m.  
Sun. 11:00 a.m. – 5:00 p.m.

Central Time:  
Mon. – Fri. 7:00 a.m. – 10:00 p.m.  
Sat. 8:00 a.m. – 5:00 p.m.  
Sun. 10:00 a.m. – 4:00 p.m.

#### CONTACT INFO:

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## CHRONIC DISEASE

### The Tennessee Department of Health expands Chronic Disease Self-Management Workshops statewide.

Chronic diseases are among the most prevalent, costly and preventable health problems (See Figure 1). A person's risk for developing chronic disease can be reduced by leading a healthy lifestyle (eating well, avoiding tobacco products, being physically active). Prevention measures are necessary to reduce the burden of chronic disease on our public health system.

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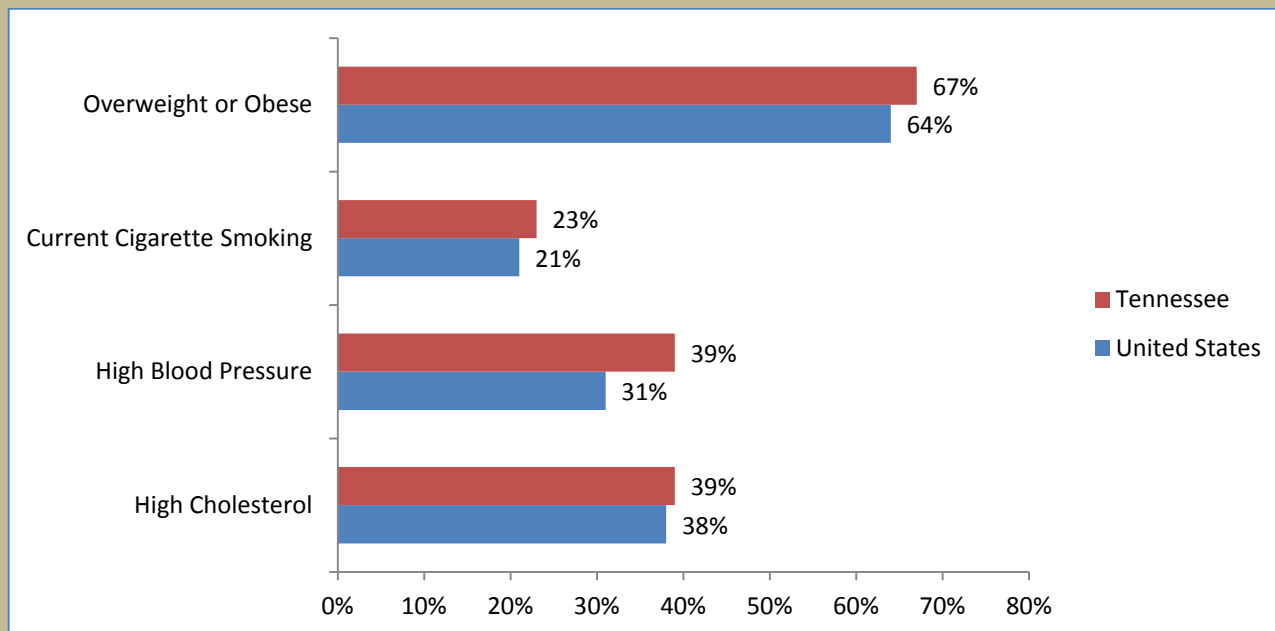
#### Chronic Disease Self-Management Program

Another resource offered is CDSMP, or a Living Well workshop, which is a self-management program designed by the Stanford University Patient Education Center. Living Well workshops take place over six weeks, with one 2.5 hour session held each week, and are open to anyone of any age with long-term health conditions. Most classes are offered to groups of 10 to 15 people. They are hosted by community organizations and taught by trained leaders, many of whom have chronic conditions themselves. Participants in Living Well learn how to navigate the healthcare system, including:

- appropriate use of the health care system
- how to communicate with their providers
- how to prepare for a provider visit
- medication management
- goal setting
- action planning



## CHRONIC DISEASE PREVALENCE



**Figure 1**

<http://hit.state.tn.us/CountyChronicProfile/Metro.pdf>

## ONGOING CDSMP WORKSHOPS

**For information on Ongoing/ Upcoming Workshops:** Contact your local county health department or UT Extension Agency

Department of  
Health  
Authorization  
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Website only

